From August 2025

(Volume 195)

Cover Picture

Lee Abbey Bay on a wet August day

Anyone reading these volumes chronologically may well be delighted to know that these are reverting back to my 'Photo History' format rather than my self-indulgent mass of paintings and art works from our favourite exhibitions.

On a personal level, the family are all well with our Larnie now ready to venture out into a new job and we wish her well in this. DP is busy at both festivals and getting his boat 'ship shape'. We hope to see them both before we go away.

Tammy is, as always busy and gets on so well with Larnie. Beau is now involved in a new project ..creating a distribution board for a major festival (No, I also have absolutely no idea what this is.) I did give him so 'grandad advice 'though, namely, *"don't stand in a bath of water when you switch it on"* My lovely Lynn is so great, doing her really frustratingly difficult jig-saws, Spending an age 'looking' for that elusive *Word Wheel* word and waiting agonisingly for her position in the weekly Park Run. (She constantly beats me by a minimum of 10 minutes and is home showering before I return.

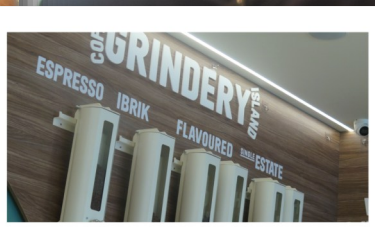
We are off to Vienna for three nights at the end of August and a couple of days after we return, we are off to Wahington DC. We have spent hours working out an itinerary with the help of Mike at Scott's Travels locally and he is a star at finding those quirky hotels and rooms that really suit us. We are not keen on those faceless American giants that are comfortable but soulless.. I guess the following books will chart our travels so I won't detail our plans here. We feel that we have virtually ticked off all our 'bucket-list' and the so-called joys of overseas travel is really waning. Having to arrive at airports so long in advance, the endless security and those long (and expensive) flights really sometimes actually overshadow the joy of experiencing new places. Plus, we really enjoy UK travel and have so much still to experience 'locally' that I feel sure my later volumes will reflect this desire.

I will not discuss politics as I really don't want to dampen my cheerful mood. Enough to say that Lynn and I feel that the UK is experiencing many changes that do not sit well with us. Lack of respect by so many people, shown by anti social behavior, a general lowering of standards, in buses, schools, surgeries and shops. Litter and thieving show a disregard for law and our police seem incapable of maintaining any noticeable degree of control.. I will not comment on why I feel this is happening but when one listens to world news it is obvious that there is a massive world-wide movement of people looking for a better life and this is totally understandable. However an influx of people into any country changes the local dynamic and this is worldwide where indigenous native people are subjugated by big companies and in more westernised countries whole areas change their population ethnicity and become very different. Where integration is more gentle it is welcomed because every country benefits from diversity but when it changes totally it is often a downward spiral. Illustrations that we are aware of on a local level is a great increase in petty theft, constant reports of people entering gardens and break-ins. Car thefts. Queuing for buses a long forgotten nicety. Littering in streets and blatant dumping of unwanted household goods like mattresses etc. These are just a few of the obvious ways that societal change effects everyone. Old people like us keep referring to these obvious changes but younger people accept them as the norm. Changes are inevitable and indeed are important but we are very aware of a decline in morals and we see how living standards have declined rapidly. It is so easy to 'blame' one cause for this but I feel overcrowding is one of the root causes. Whole generations of families have never worked and I think the work ethic and family cohesion are paramount to our way of life. Look anywhere in the world and where massive population changes in an area are seen, the area declines in equal proportions. We were amazed at the number of homeless and addicts on the streets in San Francisco and how it had changed visibly in recent visits. Beautiful areas attract tourists in such numbers that the very beauty that is sought is spoilt by the number of visitors and the result is an artificial rationing of incomers. On a larger scale cities always have attracted people wanting, quite justifiably, to make a better life. But a massive influx of new citizens seeking the 'better life' find it impossible to achieve and the city itself declines. Many American and UK cities display this so obviously as do South American cities where drugs influences the very fabric of society.

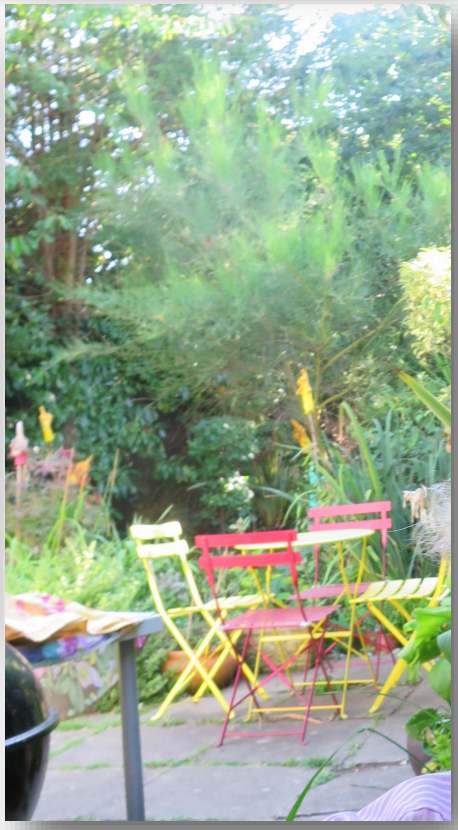
No easy solution, but climate change is also a big influence on population movement and drought, floods, excessive heat force whole populations to move and this must be addressed. Here at least the world can, and should, make immediate changes to reduce the pollution influence causing these changes.

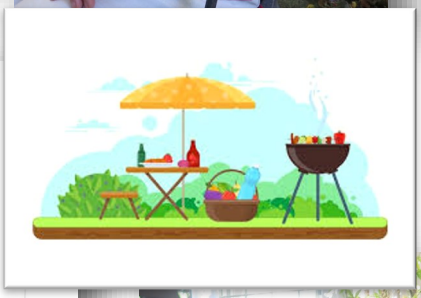
If a regular guy like me can see all this why, oh why, can't this be seen by people who have more personal money than whole countries. They are in a better position to make immediate changes which corrupt and biased governments never will. How much money does any one person need!. There. I have given a solution and anyone reading this must agree. I know at the start of my third paragraph I said I was not going to 'discuss politics'...but these are my honest feelings without a political bias

Jose's parents from Spain



The great coffee and cake session after our Park Run

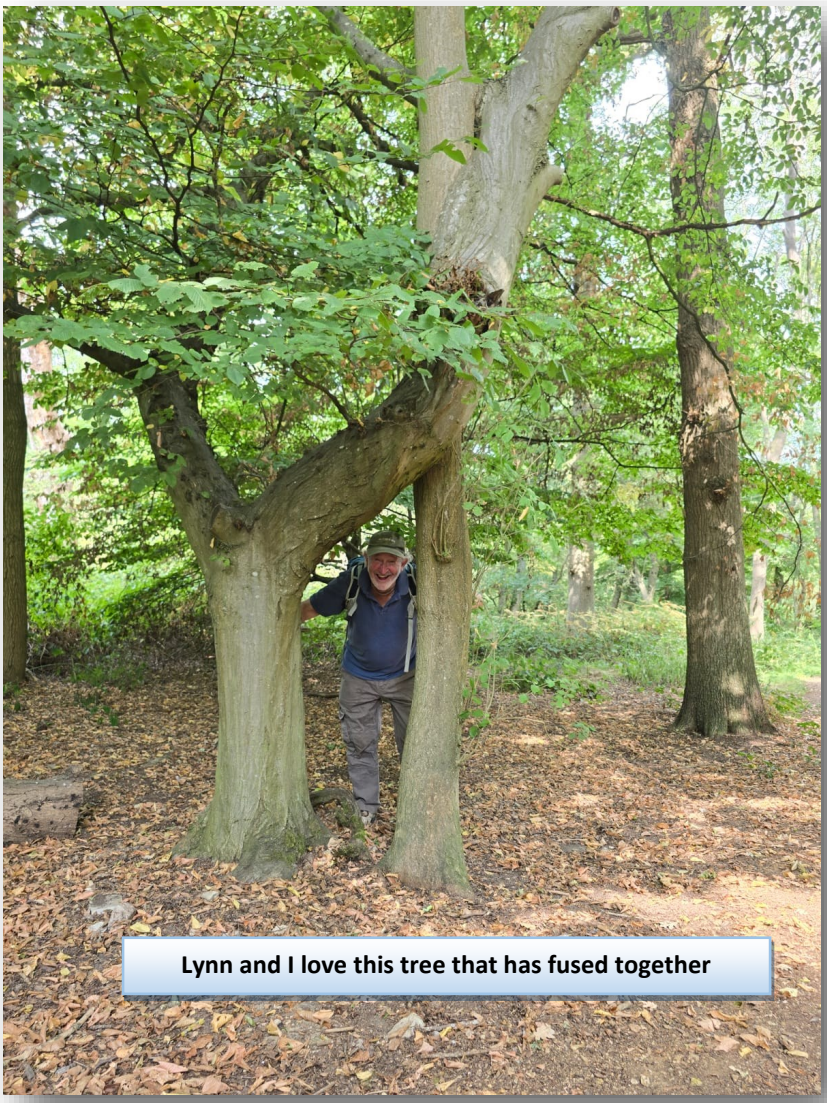




A fun BBQ at home with Jo (back from Cyprus) and Lily & John (an all Cypriot afternoon!)

Photo History

Our four planted oaks are still sheltering in their tree protectors but, hopefully they will be grand old oaks to remember our special ones



Lynn and I love this tree that has fused together

KY & Holly , our new friends from Hong Kong

Meeting the other volunteers below botany Bay to discuss the removal of some of the tree guards

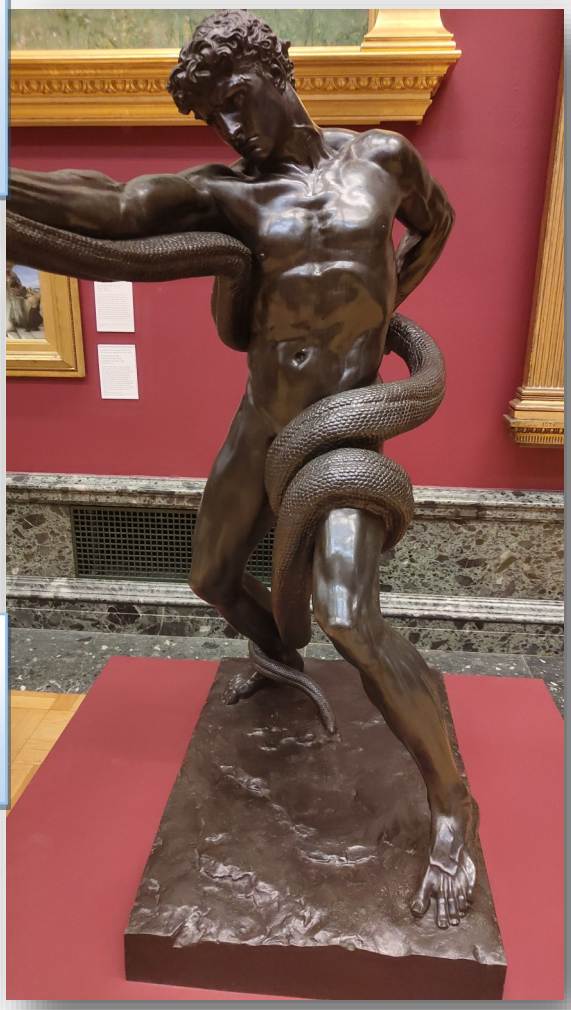
After a busy morning we had a tea break at one of the new rest areas and it is a joy to see a family enjoying the whole new area for walking

'Payback time'. Many of our whips and saplings we planted over the years are now fruiting and often surrounded by colourful small plants

So many masterpieces together..it is almost sensory overload

The Tate Britain is always a very special destination and the whole building is spectacular

These bikers jackets draped over plastic chairs were apparently actually an installation...not a temporary cloakroom



This was one part of the Ed Atkins exhibition (which was 'different'

We enjoyed Top Hat at Chichester in August 2025. Taking the train down and returning with Tobs and Wendy in their car (stopping at The Withie..near Guildford, for a great meal on the way back)

At first this overhead station display seems fine until you realise that Hyde Park Corner and Cockfosters are actually in opposite directions.

One must hope the driver is less confused

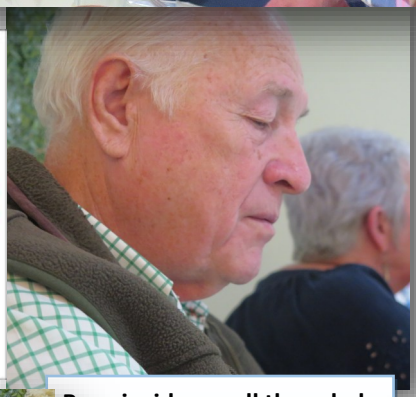
Quite a while back Lynn and I 'discovered' some ancient oaks hidden away locally and forgotten. These must be part of the original Enfield Chase and we measured their girth and recorded their What 3 Word locations and will now pass on this info to both the

https://www.enfield.gov.uk › environment › trees and The Woodland Trust

Holly and Ky were totally overwhelmed by these hidden giants and helped us in plotting their locations. This one had fallen a long while back but still commanded respect like an old veteran

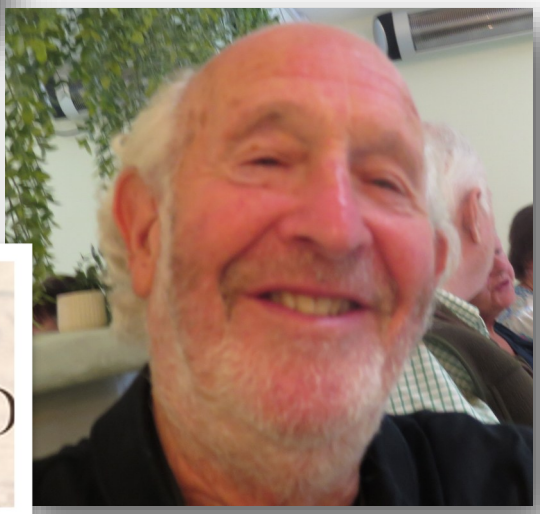
Ref	WHAT 3 WORDS Location	GIRTH (cm)
1	guards.admit.hunter	425
2	skills.meals.name	505
3	slides.rooms.liability	470
4	field.slices.origin	430
5	medium.tiny.swim	500

Photo History



By coincidence all three lady swimmers,: Gill, Sue and Sandra have just retired so we treated them to a special 'cake treat' at Redwood's

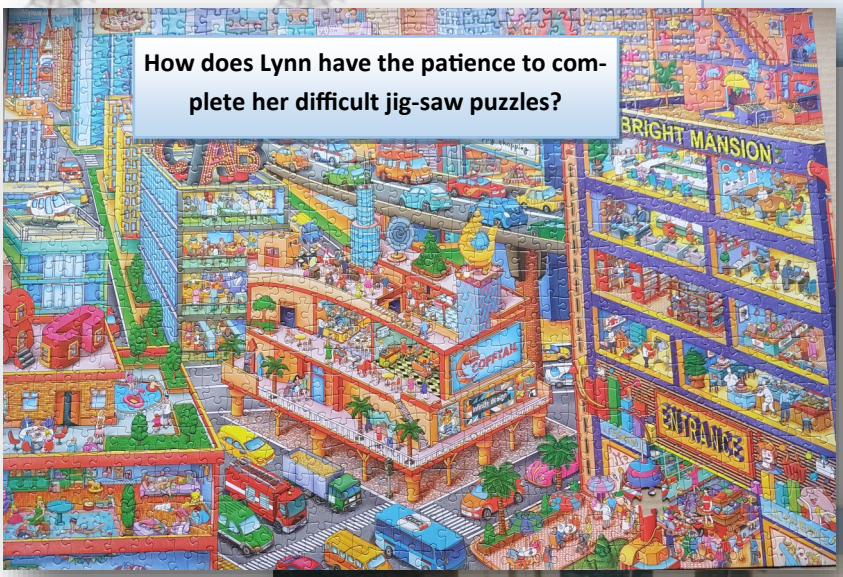
REDWOOD
BISTRO



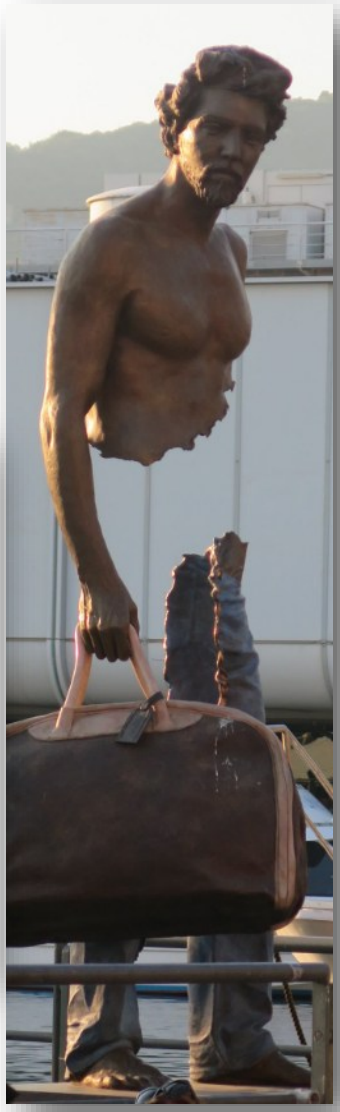
One of those rare moments when we are all together (yes...Tammy is taking the photo)

The next few pages will be an assortment of old photos etc that I happen to like. No reason, no

How does Lynn have the patience to complete her difficult jig-saw puzzles?



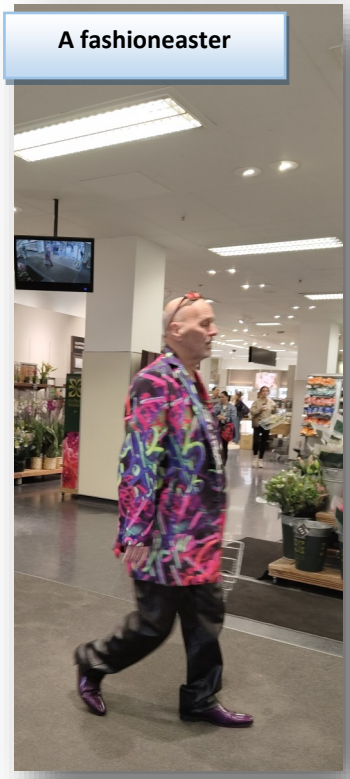
When customs asked what was in his suitcase, he replied "nothing at all just like my body"



On my first visit to Nepal ..in Pokhara

Our Larnie giving a solo at Ben's company

A fashioneaster



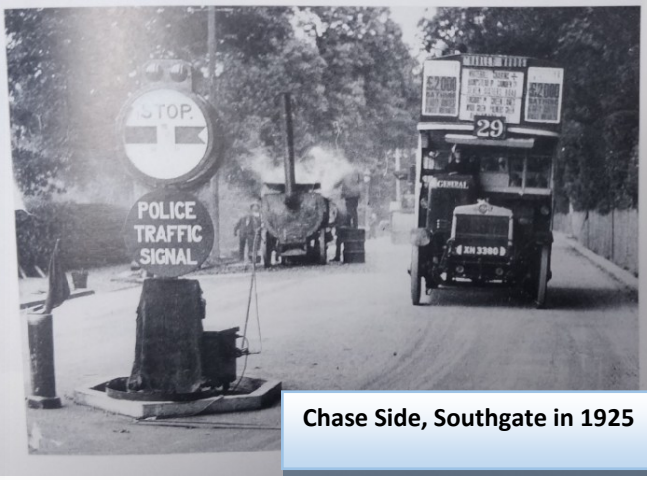
A lazy fox relaxing in our garden

Assorted shots with nothing in common!?

Southgate Tube Station under construction

decade. As house building had largely ceased during own steps, performing their own chores. The weekly

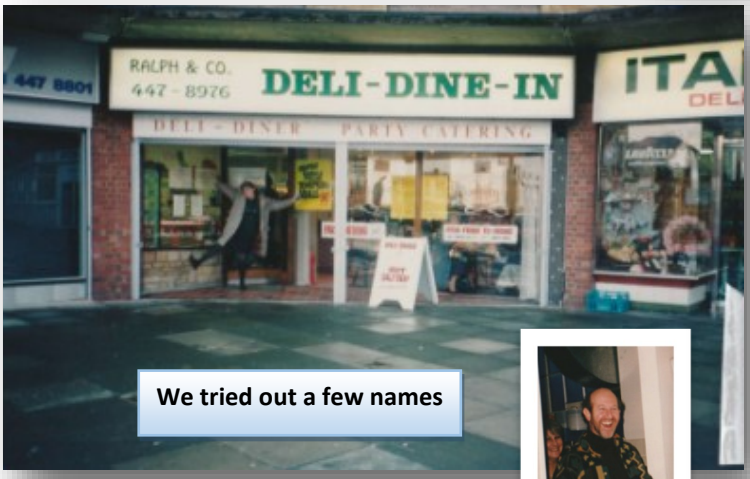
131. *A no. 29 bus gingerly negotiating road works in Chase Side c.1925. No doubt Thomas Burke used this route for his perambulations around Southgate.*



Chase Side, Southgate in 1925

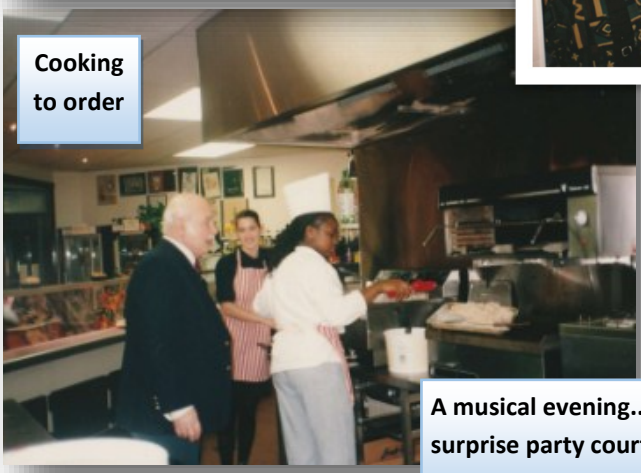
Two delightful shot of Grovelands Park in a bygone age

Before we converted the dry cleaners into our diner



We tried out a few names

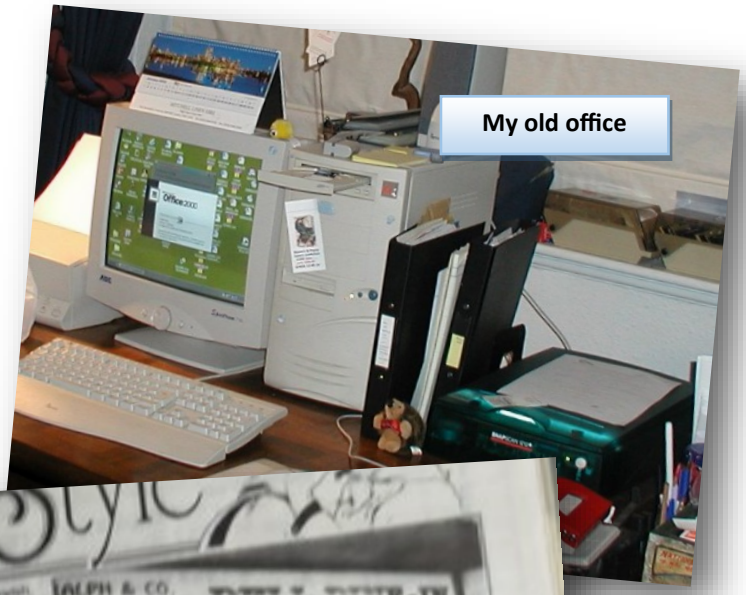
Some of our menu collection displayed on the walls



Cooking to order

A musical evening...my surprise party courtesy of Lynn

Two of our chefs


My old office

Advert for our opening in the local paper

Deli Dining In Style

SOUTHGATES NEW DELI DELIGHT

LIKE so many successful restaurateurs, Ralph Kley did not run a restaurant, you would not be surprised to find him pursuing a career in show business.

And why not, when showmanship is as much a part of running a good restaurant as serving reasonably priced, delicious food in comfortable, inviting surroundings.

That's why, at 23 Ashfield Parade, slap in the heart of Southgate's Ashfield Parade, is such a great idea.

The only ask you find just like your grandmother used to make, the chances are you will pick up a joke or two, either from Ralph, or one of the many printed versions which adorn the walls of Southgate's 'deli-dine-in'.

More than 30 years' experience in the catering business, culminating in a no calories barred, fast finding stint in New York, led to the opening of Ralph & Co where, with wife Lynne and the rest of the crew, Ralph indulges his passion for great tasting food.

"We chose New York for our research because it really is the epicentre of deli," says Ralph. And the influence is plain to see in both the dine in and take away menus.

Traditional

Jewish-style gefilte fish, chicken latkes, chopped liver and kicksher pudding can all be found on the menu, alongside the more familiar salt beef, turkey schnitzel, smoked salmon and strudel.

"But you don't have to be Jewish, as the saying goes, to enjoy these traditional delicacies," says Ralph.

"There are also many other dishes, such as steaks, chicken, pasta, fish, casseroles and a sticky Libby pud, the cholesterol and mineral brigade," he adds.

Fresh soups made daily on the premises, cream filled sandwiches, rolls and bagels, jacket potatoes with a choice of great fillings, low calorie salads and high calorie milk shakes and pastries.

They can all be found alongside refrigerated cabinets brimming with mouthwatering salads and cheeses, several varieties of herring, home made chopped liver and egg and onions, sweet and sour or pickled cucumbers, the finest smoked Scottish salmon, continental delicacies and cooked meats, freshly fried fish and great yoghurt shakes.

Breakfast

The New York influence can also be seen in the American style breakfast menu which includes family favourites such as pancakes with maple syrup and hash browns.

And for the more conservative, there's also a good old fashioned English breakfast available.

Prices are also unbeatable, whether you're eating in, taking something away or using Ralph & Co's party foods service for a special occasion at home, in the office or a venue of your choice.

There's a wonderful selection of party platters, delicious sandwiches, cakes and pastries, and a big draw among the locals is Ralph & Co is licensed for wine and beer and open Tuesday to Saturday from 9am-10pm, on Fridays until 3.30pm and from 9am-9.30pm on Sundays.

Two new attractions include an American ice cream parlour and live music at lunch time every Sunday.

Why not give it a try?

Advertisement feature

Mouthwatering array from Ralph and Co.

Dining out at the 'deli'.

RALPH & CO

What does the smart housewife make for dinner?

Reservations at RALPH & CO

NOW SOUTHGATE HAS A CHOICE SIX DAYS A WEEK!

Breakfast, Lunch, Dinner and all those in between times too.

There's not much point in slaving over a hot stove when there's a more convenient and relaxed way of enjoying your evening meal. Where good food is guaranteed every time. Where the hands that do dishes are ours, not yours. And where the meal is equally easy on the wallet.

Eat In • Take away • Party Service • Enjoy!

23 Ashfield Parade
Southgate, London N14 5EH
TEL: 081-447 8976

We would like to wish every success to Ralph & Co.
S & L Rhode,
6 Northcroft Road,
Stoke Newington,
London N16
Tel: 071 254 4566

Good luck to all at Ralph & Co
Curwen Solicitors,
Old Vestry Offices, 22 The Town, Enfield, Middx.
Tel: 363 5555

We would like to support Ralph & Co in their new venture
Reliable Refrigeration,
4 Birchwood Court, Edgware, Middx.
Tel: 081-905 8181

Very Best Wishes to all at Ralph & Co
Style Seating
Commercial Road
March
Cambridgeshire
Tel: 0354 56671

The Independent would like to offer their support to all at Ralph & Co.

We offer our very best wishes to Ralph & Co.
T.F. Harris Butchers,
86 Crown Lane,
Southgate N14
Telephone
081-886 8821

We wish Ralph & Co every success in their new venture
Highland Fresh
45-51
Woodhouse Rd
London N12 9RT
Tel 081-343 7959

We would like to offer our support to all Ralph & Co at the new "Deli-dine in"
Rosenthal Hass
34/40 Vale Royal,
London N7
Telephone:
071-609 2299

Best of luck to Ralph & Co from everyone at Automatic Catering
Supplies
Unit 3/4 Saffron Road,
Trafalgar Industrial Estate, Bromborough,
Enfield, Middx.
Tel: 081 805 6111

We are pleased to offer our support and very best wishes to Ralph & Co in their new venture
Keyhole Security
5 Albany Road,
Edmonton N18
Tel: 081-807 2427

We offer continued support to Ralph & Co in their "new Deli-dine-in" from all at....
Rosenthal Hass & Co,
Chartered Accountants,
22, New Quebec Street,
London W1H 7DE.
Tel: 071-723 8844

For advice on how to co-ordinate your support feature . . .
CALL:
JENNY ADAMS
now on
081-531 4141

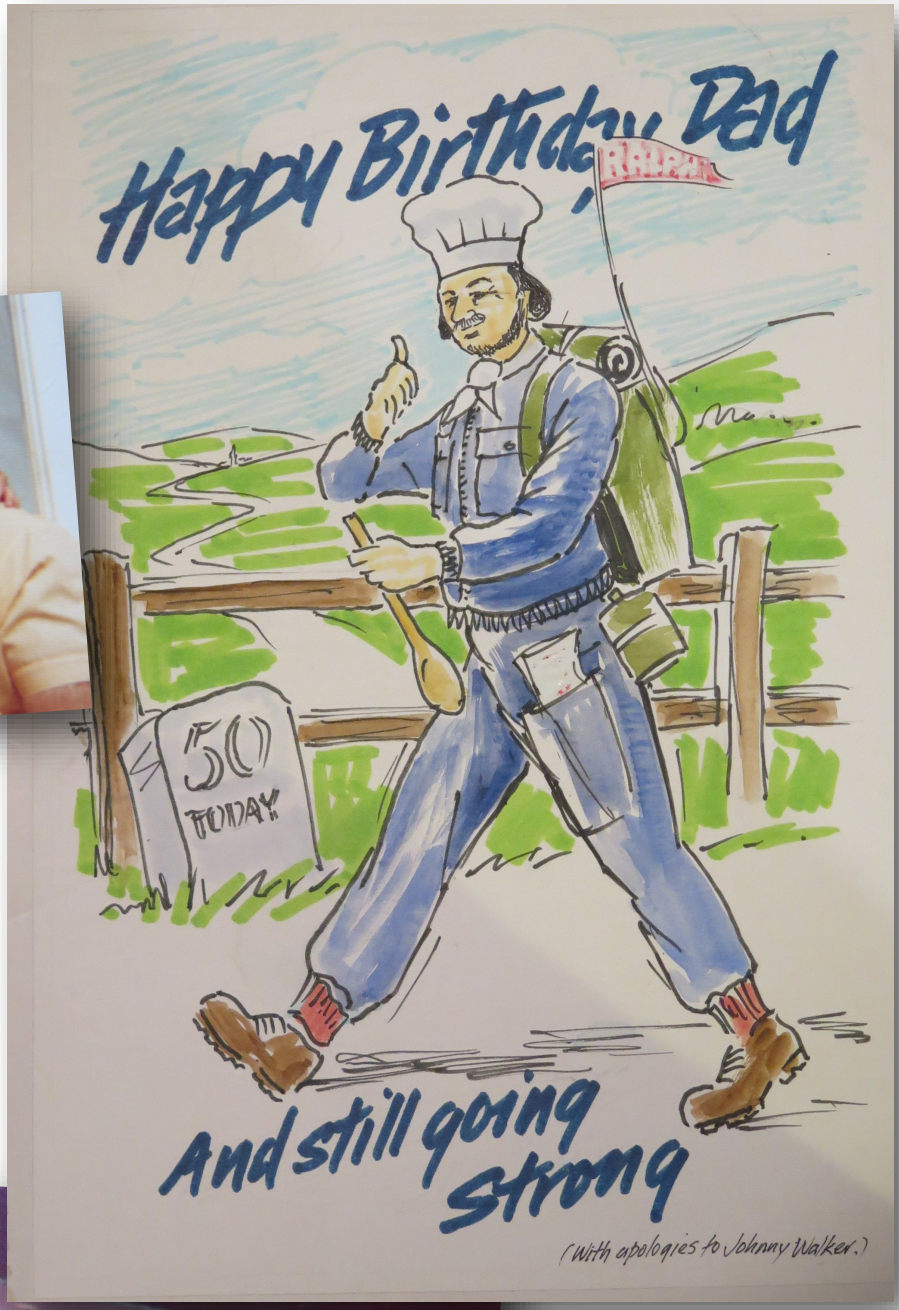
On the twice yearly sandbar that appeared on the Scilly isles between Tresco and Bryher

Our croft on Eday in the Orkneys

And DP and Tammy on our own beach

A fabulous hand knitted adorable letter box adornment

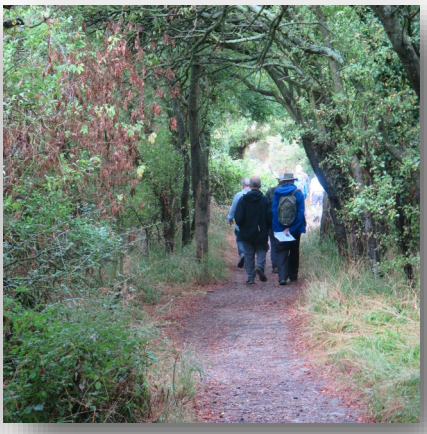
Tammy & Dad

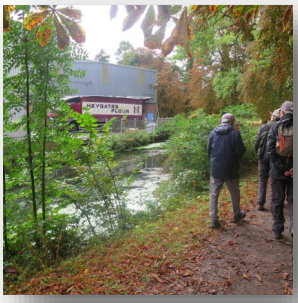


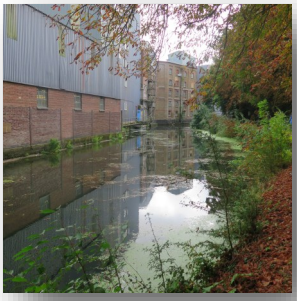
Love these three random photos and the drawing (from Tammy)

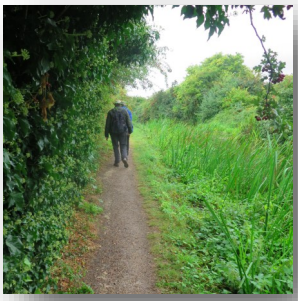
We honestly thought these birds weren't real as they didn't budge for the photos

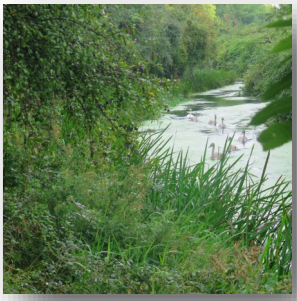
'The Lads' (as you can see by the photos, this term may well be questioned) have a monthly walk. This one along the Grand Union Canal at Tring was a delightful route











Along the Grand Union Canal and The Wendover Arm (which is still being reconstructed). A very varied walk

A Happy family shot

Coffee Island ‘After Run’ coffee and cakes..August 2025

Photo History

Hello Ralph..Congratulations on completing your 69th at Grovelands parkrun, Enfield today. Your time was 00:49:51. out of a field of 284 parkrunners. You were the 171st male and came 2nd in your age category VM80-84. Congratulations on setting a new Personal Best at this event! Congratulations on your fastest time this year.

Hello Jo, Your time was 00:41:56. Congratulations on completing your 84th parkrun at Grovelands, Enfield today. You finished in 263rd place out of a field of 284 parkrunners. You were the 81st female and came 1st in your age category VW80-84. Congratulations on your fastest time this year.

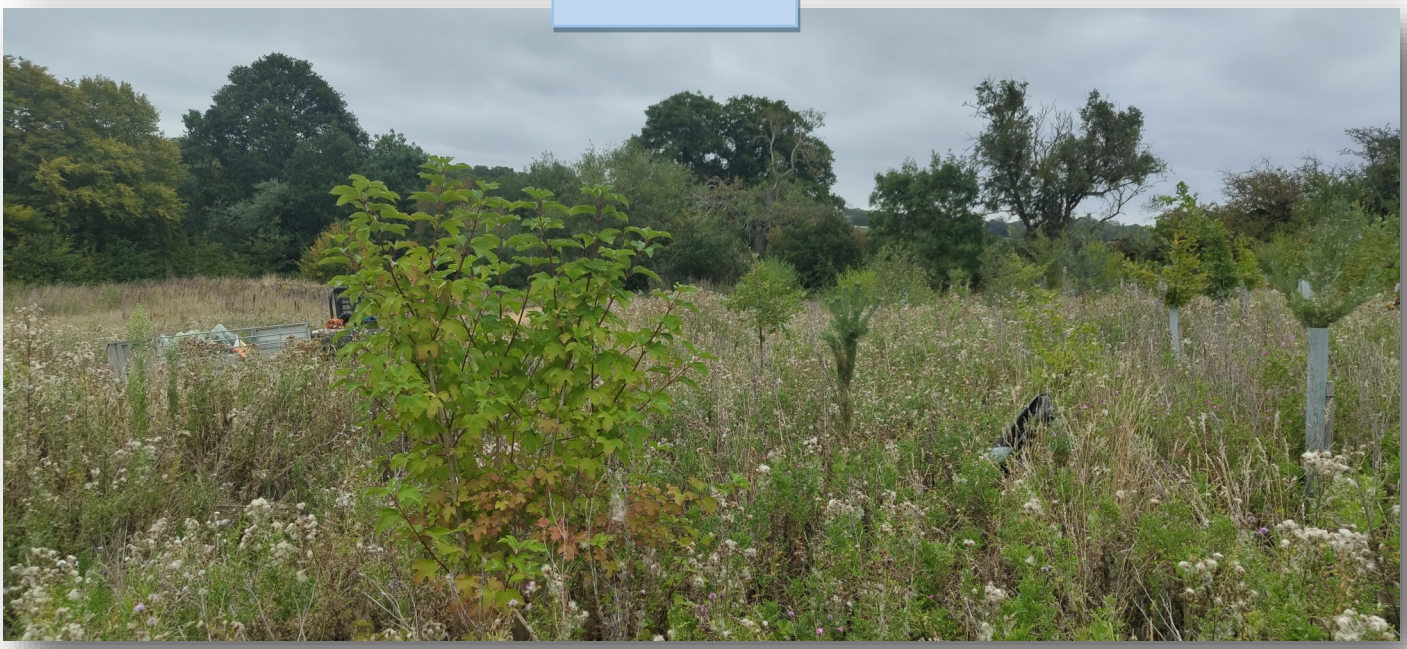
As you can see by yesterday's results, Lynn has completed 84 runs against my 69 and yesterday we both beat our own personal best times. Lynn beat me by 8 minutes !!

The logo says it all

Planning next week's run (walk!)

This shows some of the trees along the path when we re-leased the stronger ones from their protective tree guards

I love this shot of Holly pointing to her name-sake outside our house



VIENNA

Writing this on the return flight from Vienna while impressions were still close to the surface of my memory bank.

A city centre of grandeur.

Buildings with ornate reliefs at all levels, many with giant rooftop statuary and above all, each one in an immaculate clean state .

Communal gardens and parks with immaculate pruned bushes, close cropped grass and adequate public seating everywhere.

Wide busy streets with traffic travelling at acceptable speeds and drivers, cyclists and the public waiting patiently at multiple crossings.

No litter. Yes, there was some graffiti but none too obvious .

Many attractive coffee shops and cafes and restaurants but we were not aware of too many big names

Prices seemed on par to that back home but public manners and observe of road crossings and use of cycling lanes was noticeably better.

The Museum Quarter where our hotel was situated was in a perfect spot to enjoy all the grandeur around.

Yes, there were horse drawn tourist coaches and the usual 'hop-on, hop-off' tour buses but I guess no capital city is without these.

One thing we noticed were the profusion of walking tours listening attentively to every word their flag-toting guide was repeating, presumably, for the umpteenth time. There were so many of these groups that one almost had to fight one's way through them.

At night we wandered without a specific plan and encountered some hidden-away wonderful areas and even found a totally fascinating old palace where we were free to ascend the grand red carpeted stairways with statues in the alcoves and potted plants under a highly ornamental painted ceiling and looking down onto a silent cobbled courtyard with the sound of a small fountain dribbling water from it's ancient mouth.

Being there totally alone and unsupervised seemed very trusting and rather special.

We found the museum exorbitant entry charge prohibitive after comparison to our world - class museums having free entry for everyone.

We planned a day trip to The Vienna Woods and our plans came together really well.

We had no preconception of what to expect other than knowing it was a favourite destination for the Viennese to escape the city in bygone days to 'enjoy the spa and walk in the wooded hills'

We walked to Karlsplatze and then, after asking locally, found the blue-liveried modern 5 coach Baden Barn which took us the 1.5 hour trip to Baden.

Baden am Vienna was a surprise as it was situated below manicured parks and a casino with delightful shops and restaurants.

We walked through the small town, along immaculate well signposted steep paths through the woods before enjoying an outdoor meal .

A day earlier we went to The Belvedere, which is an old very grand building in acres of park land with a lake and gardens.

It house some of Austria's treasured pairings but as we prefer more modern and unusual artwork we made our way to the adjacent 21 which was a post modernist building and frankly was not worth the long walk.

One so called'exhibition' comprised a large space with one poor art work and a large curtain..

Totally stupid.

We then made our way Iin the heat to lunch in the park garden .

The weather then changed dramatically and torrential rainfall forced us to seek cover and call an Uber cab to take us back to the hotel

This was a contrast to the baking heat we had experienced for most of the rest of our break

The final outstanding memory was walking to Karlskurche to see a pre booked concert of Vivaldi's Four Seasons.

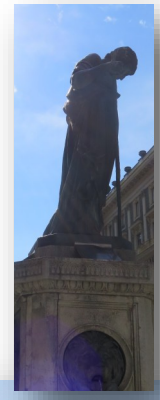
The vast church was filled with seats and everyone looked totally mesmerised by the grandeur, opulence and scale of the decoration.

The lead violin was superb and despite it not being our favourite music one had to appreciate both the excellence of their professionalism and the setting.

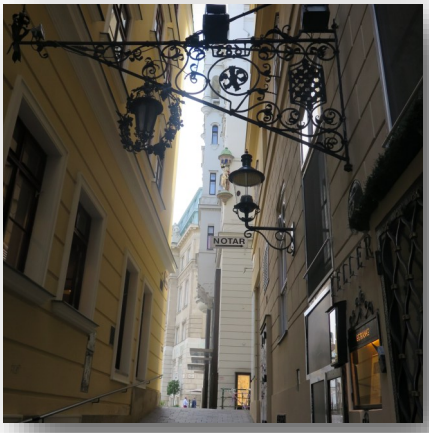
At the closet the lighting changed colour and it almost cheapened the whole production but I hope my photos capture some of the splendour.

Our thoughts constantly come back to the obvious wealth of the church that we feel could be better utilised.

Anyway..a great short break crammed with memories



The various faces of the city



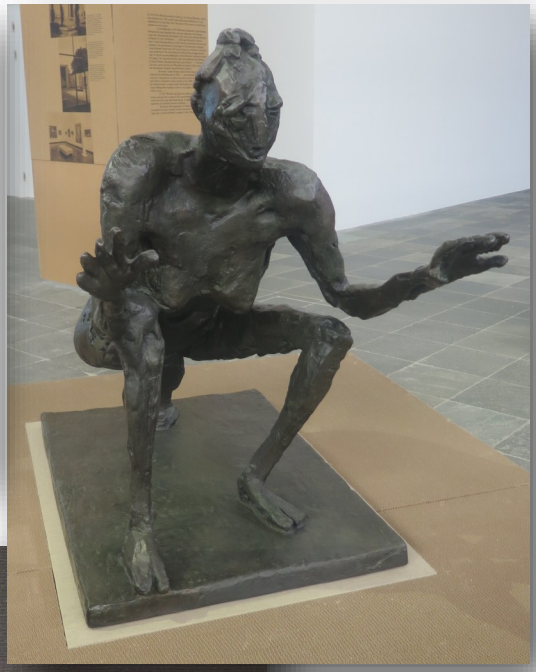
The Vienna 24 hour Hotel is totally bonkers and fun (like the one in Berlin we stayed in previously

The reception and corridor decorations

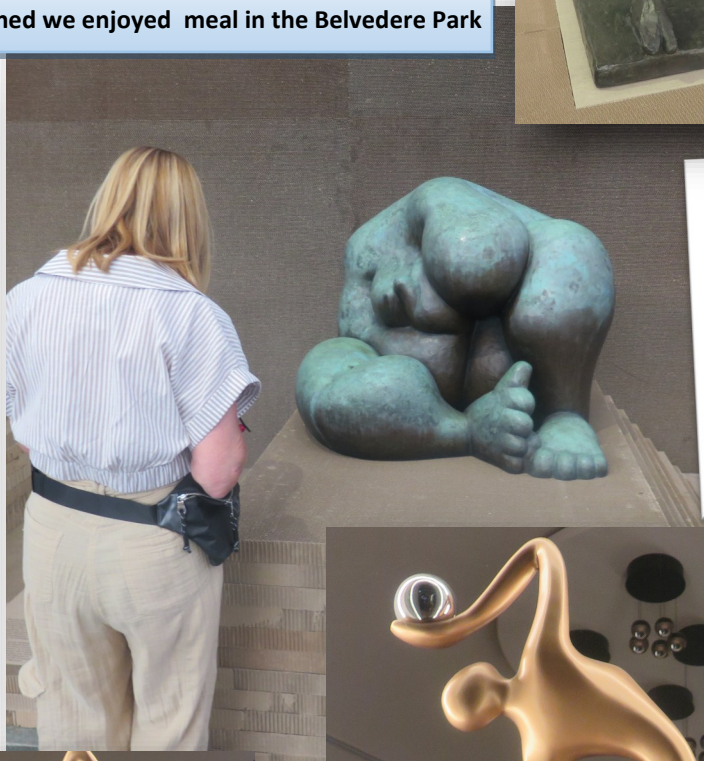
These are the 25 reasons one can hang on the door to explain the state of the room

The hotel exterior (not typical Vienna style)

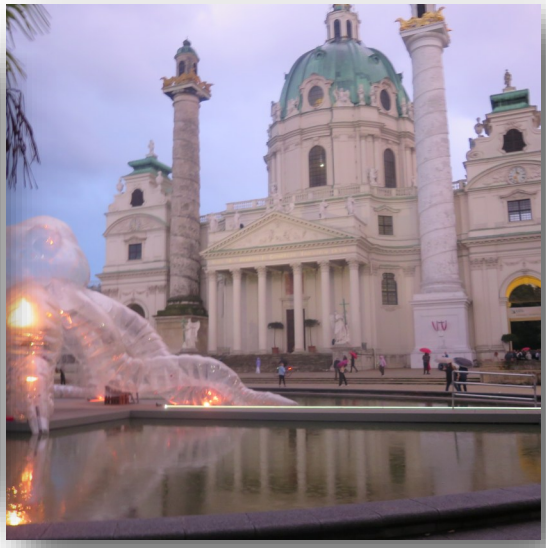
Some of the 'unexpected' in our hotel. ...The CAMERA INSTALLATION in reception. Some of the zany artwork in the corridors and our fun bedroom.. And the replenished drinks/ snacks in our room fridge was a pleasant sur-prise



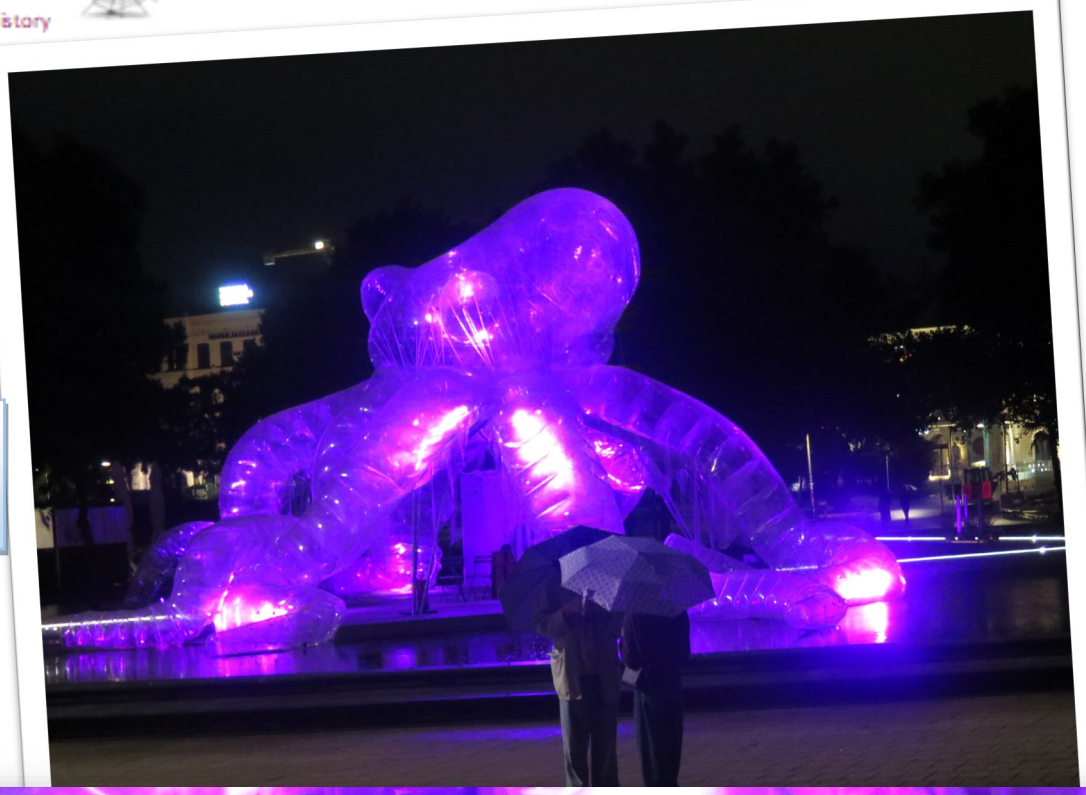
Rather than the main art gallery (The Belvedere) we opted to visit the Belvedere 21 which as you can see houses some ‘ less traditional’ art. Just before the heavens opened we enjoyed meal in the Belvedere Park



The Karlskirche was a splendid setting for Vivaldi's Four Seasons with a period instrument ensemble

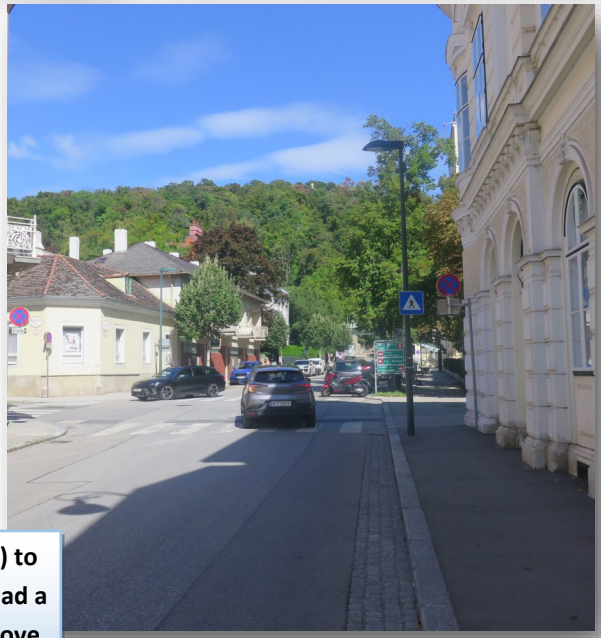


The interior of this massive cathedral was awe inspiring and when the music started one could hear a pin drop. However at the conclusion the lights dimmed and a light show started which, to us, detracted greatly from the original beauty (see below)

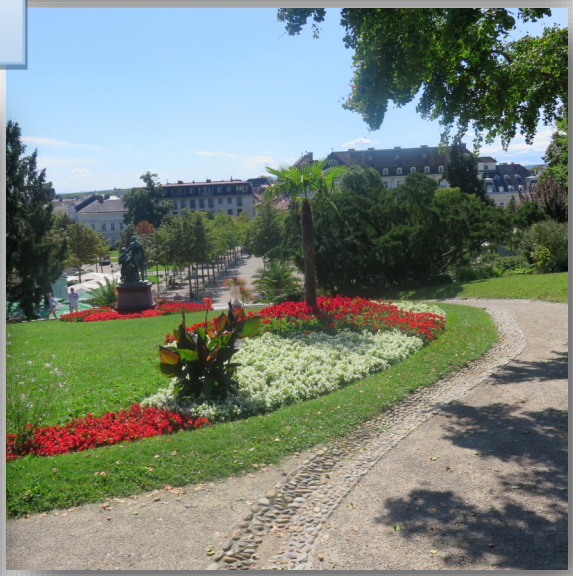


Just outside The Karlskirskirche

The tram system was very reasonably priced, very efficient and we made good us of it, despite walking most of the time

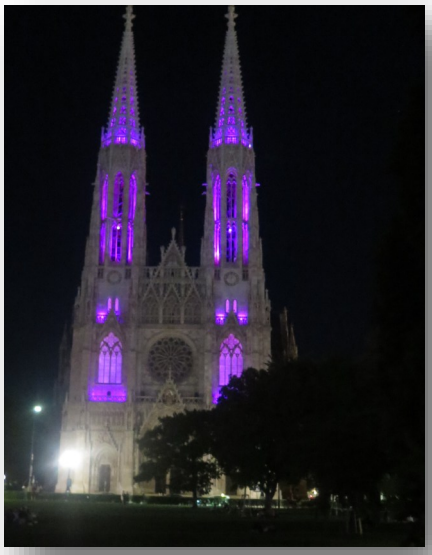


A dedicated tram, the Baden Bahn , went from the centre (Wien Oper) to Baden in the Vienna Hills and was a favourite local excursion. Baden had a spa and casino, pretty shops and wonderful well-signposted walks above the beautiful park high into the woods



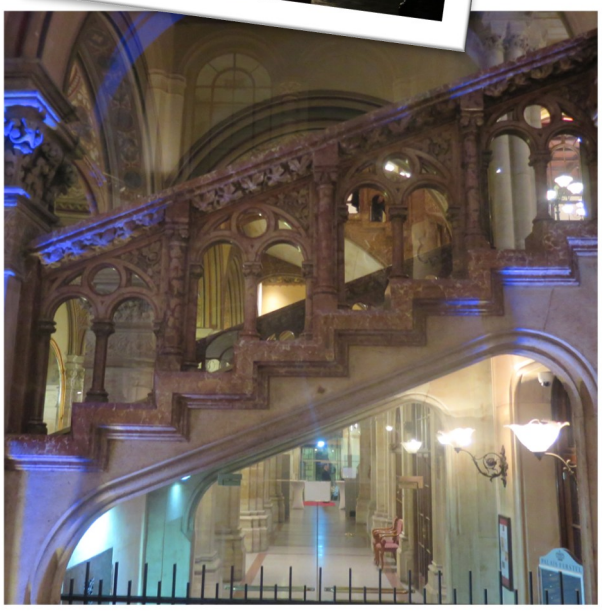
Concentration...

Walking the back streets at night we heard music and saw this delightful scene of this young couple dancing



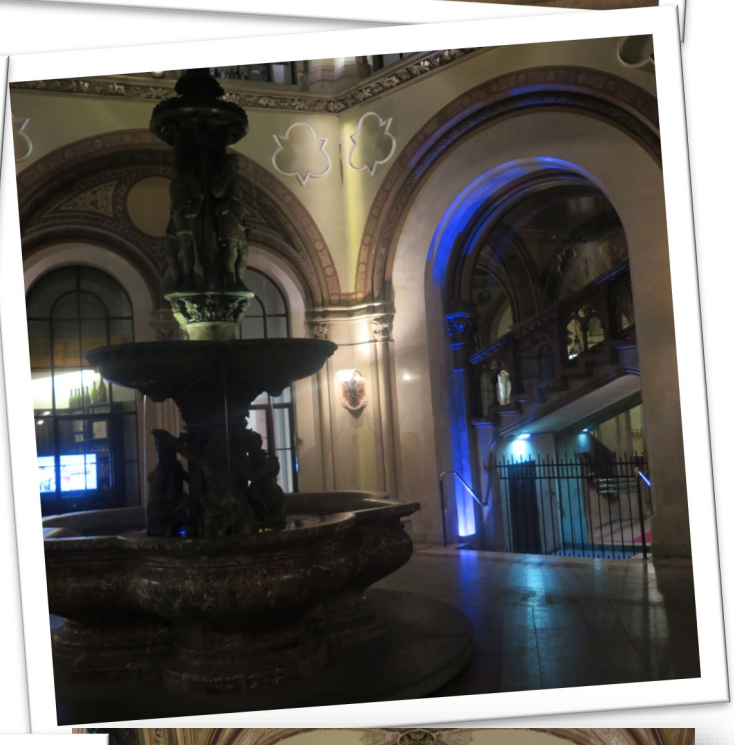
The lasting impression of Vienna was, to us, the magnificent buildings that took on a new life at night

Walking at night in a quiet backstreet we came across the Palais Kinsky which has been repurposed as a wonderful auction house. No-one was around and we were amazed to be able to just look around without any security



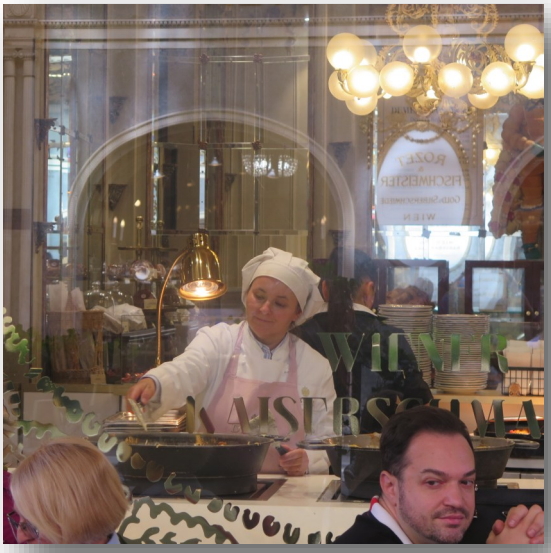
The quiet majesty of the Palais

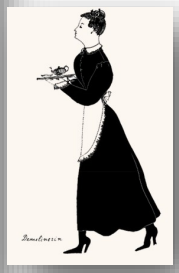
Kinsky interior



Another hidden gem,: Palais Ferstel, repurposed as a discreet shopping arcade:

Great Vienna Memories





Demel is a cornerstone of old Vienna but it is possibly a victim of its own popularity. Long queues and some cakes that were not typical of old Vienna (like multicoloured donuts etc)

As Demel's looked in 1786

the establishment was appointed Royal Purvey-or and becomes the only confiserie to deliver sweets and sorbets to the Hofburgtheatre.

Sigmundsgasse 15, 1070 Wien, Austria

"I only ordered a Vienna Schnitzel and this gigantic plateful arrived...wow!"

And this was my more modest offering